This course is for anyone who is interested in learning more about:

- Top 10 health issues that affect students at the University of Rhode Island including:
  - Time management
  - Sleep
  - Drinking/Drug use
  - Diet/Exercise
  - And more...

- Identify and modify a behavior related to your health
- Participate in Health Services campus activities

**Class Meets:**

*When:* Mondays 1:00 to 1:50pm

*Where:* Potter Building - Health Education Lab

**Health Educators:**

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